



Online and Phone Support Now Available for Youth, 20-Somethings, Parents and Caregivers

This is a stressful time for everyone with young and old struggling to cope with the changes we are all facing. In times like these, maintaining mental well-being and self-care for yourself and family is paramount. MHA certified youth and family peer advocates are now available to offer support through online video chats and phone appointments.

Youth Peer Support

**Teen Peer Online Video Chat
for ages 13-18**

***Wednesdays, June 3rd, 10th, 17th & 24th
3:00pm - 4:30pm.***

The peer-led support group offers a safe place for youth to connect, receive support as well as celebrate accomplishments and practice self-care skills in this new era of social distancing.

**20-Something Online Video Chat
for ages 18-28**

***Fridays, June 5th, 12th, 19th & 26th
6:00pm-7:30pm***

This strength-based and recovery centered group provides validation and support to emerging adults facing mental health and/or substance use struggles.

For more information or to sign-up:

RSVP to peersupport@mhawny.org

or call 716-886-1242 x345, or

Text 716-245-5339

**Please specify which youth group and date
you wish to attend.**

***Once registered, you will receive confirmation with log-in
information***

Individual Youth Peer Support

Monday - Friday, noon-5:00pm

One-on-one phone support with a certified youth peer advocate is also available by appointment

To request a time:

email peersupport@mhawny.org

Family Support

**Video Chat Support Group for
Caregivers of Children, Teens and Young
Adults ages 18-26**

***Thursdays, June 11th & 25th
7:00pm-8:00 pm***

To sign-up:

RSVP to laney@mhawny.org

***You will receive a confirmation email with log-in
information***

Individual Family Peer Support

One-on-one phone or email support with a family peer advocate.

Contact: Stacie Dziwulski 716-886-1242 x337,
sdziwulski@mhawny.org

or Dawn Tisdale 716-886-1242 x321,
dtisdale@mhawny.org

Child & Family Support Program

is a program of Mental Health Advocates of
WNY, 999 Delaware Avenue, Buffalo,
NY 14209 MHAWNY.ORG